

## **MOOD DEPRESSION BETWEEN MIND AND BODY: PROGNOSTIC AND THERAPEUTIC IMPLICATIONS**

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Antidepressant therapy is not only used in order to reduce or eliminate the acute symptoms of mood depression, but also to achieve full remission and to maintain it for as long as possible. Recurrences are more common and develop earlier when patients demonstrate residual symptoms, than in patients with full remission. These residual symptoms are frequently somatic ones.

On the other hand it is well known that mood depression must be considered today as a systemic disease, because its pathogenesis is not only related to a cerebral neurotransmission imbalance, but concerns other CNS modifications (such as neurotrophic, neurosteroidal, hormonal alterations) and diffuse somatic changes (related to autonomic, immunological, metabolic systems). Therefore, mood depression interferes with mortality rates when comorbid with a somatic disease and antidepressants can partially or totally revert somatic changes due to mood depression.

So diagnosing and treating depression, including somatic symptoms, is a must, not only in order to ameliorate patients quality of life, but also to guarantee a better prognosis during somatic diseases when depressive somatic symptoms are associated to somatic ones.